



Ready... Set... Stir-Fry!

With the weather starting to warm up and farmers' markets starting to open, now is a great time to get lots of fresh and nutritious produce in our diets.

Children and adults need about 5 servings of fruits and vegetables per day, yet many struggle to reach that goal. Not only is stir-frying a fast and easy way to prepare a tasty dinner, it's also a great way to add vegetables to your diet. Stir-fries are also easy to adapt to your tastes because you can choose which vegetables, proteins, and add-ins you want to use!

To stir-fry, place a tiny amount of oil into a wok or high-rimmed skillet over medium-high heat. Choose your protein – whether it is chicken, beef, tofu or shrimp – and cook it completely. Set aside while you cook your vegetables.

Make sure all of your vegetables are chopped to bite-sized pieces, or use a bag of frozen stir-fry vegetable mix, and cook them in a small bit of oil the same way you did with your protein. Stir-fry the vegetables that take longer to cook first, then add the softer vegetables.

Once your vegetables are almost done, add your protein back to the vegetables, add enough stir-fry sauce to coat vegetables and protein, and boil for about 1 minute or until slightly thickened.

For a bit of extra flavor, toss in some pineapple, orange zest or juice, nuts (like cashews or peanuts) or sesame seeds to your stir-fry. Below is a flavorful and easy stir-fry sauce recipe you can make at home!

Easy Stir Fry Sauce

- 2-3 tablespoons cornstarch
 - ¼ cup brown sugar, packed
 - ¼ teaspoon ground ginger
 - 2 cloves garlic, minced
 - ½ cup reduced-sodium soy sauce
 - ¼ cup cider vinegar or white vinegar
 - ½ cup water
 - 1 ½ cups reduced-sodium vegetable, beef, or chicken broth
1. Combine all ingredients in a large glass jar or bowl with a lid.
 2. Cover tightly and shake well.
 3. Can store sauce in refrigerator for up to 2 weeks.
 4. Shake well before using. Makes about 3 cups.



FDL County Immunizations



If you have insurance through an employer, you should see your doctor for immunizations. **If you have BadgerCare, vaccines are available at the Health Department on the 2nd Monday of each month from 3:00-5:00 PM.** Please call before coming to make sure vaccines are available. If you have any questions, please call 929-3085 or toll free 800-547-3640. Clinics will have a Spanish interpreter available also.



Welcome to the Downtown Farmers' Market!

**WIC Farmers' Market checks are now
available for our WIC families.**

Did you know?

- You can use your Quest (EBT) card at the Farmers' Market—swipe your card at the Information tent in exchange for tokens, shop at participating vendors and use the tokens like cash.
- When you shop at the market, you get fresher, more flavorful food and it's usually less expensive than grocery stores.
- Keep your unused tokens and use them next time you shop at the market
- The 1st Saturday in June, July & August features Double Days and the Kids Market (activities for kids).
- **On Double Days you can double your EBT swipe up to \$10, for example, swipe for \$10 and you'll receive \$20 in tokens.**

Farmers may also be selling on Main Street on these days:

Sidewalk Sale, Sat. July 12
Fondue Fest, Sat. September 6

Breastfeeding Corner

**The power goes out and you
have breast milk in the freezer!**



The first order of business is to try and prevent the milk from completely thawing. If there are still ice crystals in the milk, then it is still considered frozen and it's safe to either use the milk or return it to a working freezer.

Open the freezer as little as possible. Food will stay frozen longer if the freezer is full. Keep your expressed milk in the middle of the freezer, away from freezer walls. According to the USDA, "a full freezer will hold the temperature for approximately 48 hours (24 hours if it is half-full) if the door remains closed."

What if the milk has completely thawed? Current guidelines recommend that this milk be used within 24-48 hours (24 hours if baby is a premie or has immune issues that require stricter precautions) and not re-frozen.

BACK to School 2014

is dedicated to helping area families in need receive school supplies for their children so that every child can start the school year ready to learn.



Apply between June 16 and August 8 at one of the following locations. Please call for an appointment:

Big Brothers/Big Sisters, 922-8200
Boys & Girls Club, 924-0530
Family Resource Center, 923-4110
The Salvation Army, 923-8220
Solutions Center, 923-1743

Distribution day is Saturday, August 23



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